



How to get a brainspotting certification?

Brainspotting therapy is a recently created method of therapy that lets the therapist provides targeted guidance to clients. This innovative therapy was deemed beneficial in delivering immediate relief from trauma and anxiety, as well as general mental health improvement to the individual.

[**Brainspotting certification**](#) lets a therapist collaborate with other experienced therapists and mental health professionals.



How does Brainspotting certification work?

During the certification, they provide the therapist with higher education on **Brain Spot Therapy** and experience to solve complex cases more effectively. The process of the certification requires a few steps:

- First, the therapist needs to complete the phase 1 and phase 2 courses of the brainspotting delivered by [Certified Brainspotting Therapists](#).
- Complete the application for brainspotting certification and pick a supervisor of your choice.
- Then the therapist requires to complete 6 hours of consultation with an experienced brainspotting practitioner. During the last hour, the practitioner will review your BSP skill and that review is documented in a consultant form.
- Then the therapist needs to complete and document 50+ hours of brainspotting practice with clients.
- Then the certificate application along with the documents is reviewed and the certificate is awarded.

Uses if the certificate

After the certification, the therapist can use their skill to solve challenging cases and create a better and more effective therapy options for their clients.

The therapists can provide their [Brain Spot Therapy](#) using BSP tools present on the online platforms. Other than that they can also provide their services online using these same BSP tools and creating a BSP Video Therapy.

Although this therapy is relatively recent and more research is going on in this therapy, many clients experience the instant effect of the therapy on them. The brainspotting certificate can put your clients at more ease that they are working with a professional and you can also learn new things about the field.



**Certified
Brainspotting
Therapists**

The ultimate dream tool for
BSP and EMDR therapists
working remotely and ideal
for Brainspotting therapists.
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EMDR
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